



CONCORDIA NEWS

A free publication of the Concordia Neighborhood Association

February 2021

Join your fellow Concordians for the next CNA general meeting. It's Wednesday, March 3, at 7 p.m.

Keep an eye on Facebook.com/groups/ConcordiaPDX and the March CNews for the topic, and for information on how to participate in the virtual meeting.

CNA Mission Statement

To connect Concordia residents and businesses — inform, educate and report on activities, issues and opportunities of the neighborhood.

Concordia News

This free, monthly publication of CNA will abstain from publishing anything that could be construed as libel.

Copies are delivered to all residences and many community and business locations in the Concordia neighborhood.

Concordia News is printed on 40% post-consumer or better paper, manufactured at a local mill.

Find us online at:

ConcordiaPDX.org and Facebook.com/groups/ConcordiaPDX

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Her advocacy makes a difference

By Marsha Sandman
CNA Media Team

When Annette Pronk arrived in Portland from the upper Midwest in 1997, she spread her wings and planted her roots. She was no stranger to the housing

“I’m a big believer in creating space for community conversation, whether it be about racial justice, community resiliency, housing stability or root causes to houselessness.”

— Annette Pronk

pressures many Portlanders experience. In fact, she moved between three Concordia properties — while she strived to find affordable housing — before she discovered housing stability in Cully.

With this burden lifted, Annette began to explore her new community.

She connected with her new neighbors, attended meetings in people’s homes and listened to stories of others facing housing insecurity as she once had.

“Sharing our stories and our lived experiences opens us up to take the next



Annette Pronk resolved her own housing instability with a move to Cully. So housing issues rate high among the several community issues for which she advocates. The former Sugar Shack strip club property pictured behind her is on track to become a 141-unit affordable housing project. Photo by Nancy Varekamp

step, together,” Annette explained.

“I’m a big believer in creating space for community conversation, whether it be about racial justice, community resiliency, housing stability or root causes to houselessness.”

In an effort to pay it forward, she developed her skills as a community leader with the Cully Housing Action Team (CHAT). “This grassroots community-led group became a source of inspiration to me,” she said. “It lifts up the collective power to improve the common good through campaigns such as ‘Save the Oak Leaf.’” That mobile home park preservation effort prevented several families’ displacement at the hands of developers.

CHAT also campaigned to bring funding to the 141-unit Las Adelitas housing project underway at the former Sugar Shack property.

Resilient and resourceful, Annette also serves on the boards of the Cully Association of Neighbors and Verde. The latter is a Cully-based nonprofit that serves low-income communities of color by building environmental wealth and assets such as the Thomas Cully Park.

She is a lover of nature, holds a platinum level Backyard Habitat certification and is a Master Recycler.

As a solo parent and cancer survivor, Annette is quick to identify with the silver lining in any situation.

That skill serves her well while she leans into building community resiliency against pending disasters. One effort is advocating for the Cully Neighborhood Emergency Team to broaden its capacity to work alongside the Latinx community.

“I see myself as a conduit of resources and information,” she noted. “How can I remove barriers to help folks feel prepared, feel connected?”

“You do not have to sit on a panel or be an expert. All you have to do is be yourself. Try to offer a kind hello to someone,” Annette added.

“Be willing to listen with an open heart and mind. Be willing to share resources — one day at a time.”

Cold temp donations are sought

Winter temperatures — and rain — are prompting Sojourn Church and the Portland Rescue Mission to team up to collect raincoats, jackets and blankets for people in need.

They request that donations be in good condition and dropped off Sundays in February between 8 and 11 a.m. at the Oregon Stamp Society building, 4828 N.E. 33rd Ave.

If you need to ask for someone to pick up your donation(s) from your porch, contact Info@SojournPDX.org or 971.317.9892.

After living east, south, north and west, Marsha Sandman is home at last. And she wants to hear your story. Contact her at MarshaJSandman@gmail.com.



THEY’RE NEW IN THE ‘HOOD

The pandemic is tough on local businesses. Some have closed, yet others have turned it into an opportunity. See three of the newcomers on pages 4, 5 and 7.

From the Board

By Peter Keller, CNA Chair



This is all about we

Hello neighbors. I'm writing this as we just slammed the door on 2020 — like a scary monster was chasing us! 2021 is off to a frightening start too, but I think we can see the light. There's so much to say about 2020, but let's move on to 2021 and focus on our corner of Portland, Concordia.

You might be asking why I volunteered to be the CNA board chair. Well, I've enjoyed reading the CNews since 1997 when I bought my first home in

Over the years I've often considered getting involved but didn't feel like I had the time. Like many of you, I found that I have some extra time... and I decided it's time to get involved.

Concordia and I've always found it to be informative, interesting and a great way to feel connected to the neighborhood.

Over the years I've often considered getting involved but didn't feel like I had the time. Like many of you, I found that I have some extra time... and I decided it's time to get involved.

The CNA chair position could have gone to anyone in the neighborhood who met the qualifications.

If you're interested in getting involved with the board, visit ConcordiaPDX.org/2020/11/chairs-

corner-dont-forget-to-also-vote-in-cna-election, where outgoing chair Astrid Furstner outlined the process and qualifications in her column.

We have filled all positions for 2021 as of our Jan. 7 board meeting and special election. I'd like to welcome Joseph Fraley to the East 2 position and Matt Boyd to the Southwest 2 position! I look forward to serving with the 2021 CNA board, and we look forward to serving you.

While I am charged with writing this column, it's not about me. It's about we, Concordians. My plan for this column is to cover topics that come before the CNA board and other neighborhood topics of interest. I also plan to have other board members pen this column periodically so you can hear some other perspectives.

I'd like to thank Astrid Furstner, our departing chair. She has made this transition seamless and has worked tirelessly as CNA chair for the past year in addition to her full-time job and full-time job as a mom. I'd also like to thank Ali Novak, Donn Dennis and Steve Elder for their service on the CNA board.

I'm excited to take on this challenge, and I look forward to serving the neighborhood and the opportunity to meet and interact with more of you, my neighbors.

"There is a crack in everything. That's how the light gets in."

— Leonard Cohen

Native Portlander Peter Keller has lived in Concordia since 1997. He runs a small marketing agency with partner Max, out of their home studio. He loves exploring outdoors with and without his dogs.

Concordia Neighborhood Association

Board Meeting

1st Wednesday of the month, Wednesday, Feb. 3, 7 p.m., venue: see box below, contact Peter Keller, Chair@ConcordiaPDX.org

General Membership Meeting

Wednesday, March 3, 7 p.m., venue: see box below

Social Committee

If you'd like to volunteer to help plan fun, community building events, contact Sonia Fornoni at SoniaGF419@gmail.com.

Media Team

1st Tuesday of the month, Tuesday, Feb. 2, 6 p.m., venue: see box below, contact Gordon Riggs, MediaTeamLead@ConcordiaPDX.org

Land Use & Transportation Committee

3rd Wednesday of the month, Wednesday, Feb. 17, 7 p.m., venue: see box below, contact Garlynn Woodsong, LandUse@ConcordiaPDX.org

Finance Committee

Last Wednesday of the month, Wednesday, Jan. 27, 7 p.m., venue: see box below, contact Heather Pashley, Treasurer@ConcordiaPDX.org

Community Room Rental

For info and scheduling, visit ConcordiaPDX.org/community-room-rental or contact Sonia Fornoni at CNARoomKennedy@gmail.com.

CONTACTS

CNA Chair

Peter Keller, Chair@ConcordiaPDX.org

CNA Vice Chair

Garlynn Woodsong, SW1@ConcordiaPDX.org

CNA Secretary

John Fitzgerald, Secretary@ConcordiaPDX.org

CNA Treasurer

Heather Pashley, Treasurer@ConcordiaPDX.org

North Community Safety Team

Jacob Brostoff & Daniel Franco-Nunez, north.pdxteam@PortlandOregon.gov, 503.823.4064

SUBMISSIONS & ADVERTISING

Submissions to Concordia News: Deadline is the 10th of the month preceding the upcoming monthly publication. Contact CNewsEditor@ConcordiaPDX.org

Submissions to CNA Website: Submit nonprofit news & events to MediaTeamLead@ConcordiaPDX.org

Advertising: Gina Levine, CNewsBusiness@ConcordiaPDX.org, 503.891.7178

MEDIA TEAM

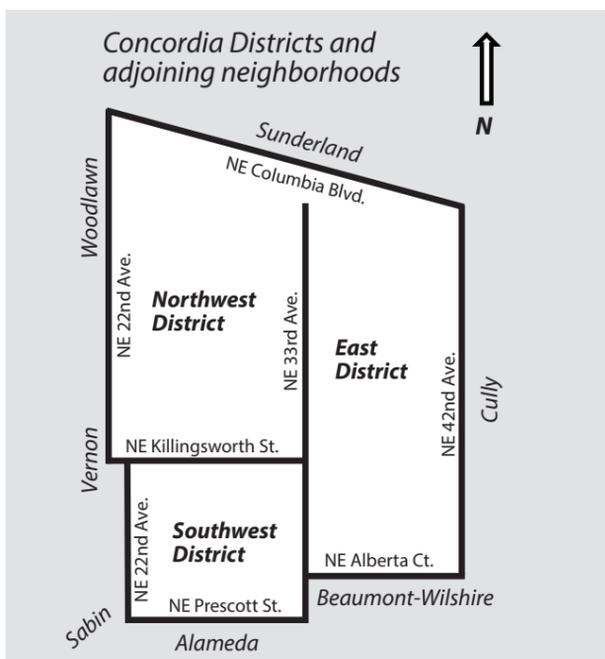
CNA Board Liaisons: Heather Pashley, John McSherry

Media Team Lead: Gordon Riggs, MediaTeamLead@ConcordiaPDX.org, 503.515.8209

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CNA Board of Directors

Chair | Chair@ConcordiaPDX.org Peter Keller
 East 1 | East1@ConcordiaPDX.org Heather Pashley
 East 2 | East2@ConcordiaPDX.org Joseph Fraley
 Northwest 1 | NW1@ConcordiaPDX.org Isham "Ike" Harris
 Northwest 2 | NW2@ConcordiaPDX.org Amelie Marian
 Southwest 1 | SW1@ConcordiaPDX.org Garlynn Woodsong
 Southwest 2 | SW2@ConcordiaPDX.org Matt Boyd
 At Large 1 | AL1@ConcordiaPDX.org Robert Bowles
 At Large 2 | AL2@ConcordiaPDX.org John Fitzgerald
 At Large 3 | AL3@ConcordiaPDX.org John McSherry
 At Large 4 | AL4@ConcordiaPDX.org Sonia Fornoni
 At Large 5 | AL5@ConcordiaPDX.org Truls Neal
 At Large 6 | AL6@ConcordiaPDX.org Brittany van der Salm

CNA meeting venues

Phone numbers and/or URLs to attend virtual CNA meetings:

- [Facebook.com/groups/ConcordiaPDX](https://www.facebook.com/groups/ConcordiaPDX)
- ConcordiaPDX.org/CNAMeetings



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Concordia Art Works

You can help renew splashes of public art

By Maquette Reeverts
Alberta Art Works

In 1997, the Alberta Streetscape plan was hatched as an attempt to rejuvenate Alberta Street. The main street had lost its luster and the city finally invested in the district via the Portland Bureau of Transportation.

Aligned with the community, the plan included a focus on the aesthetics of the strip. Curbs were extended, trees planted, the iconic

By creating a sponsorship program, businesses or individuals pay local artists to paint benches.

kinetic street lighting added and eight bus benches installed.

The idea was to make the street more functional and aesthetically pleasing for both pedestrians and cars.

By 2016, those bus benches had been forgotten. They were covered in tags and were in utter disrepair. Alberta Art Works negotiated an Adopt a Landscape agreement to do something about the eyesores that ranged from 7th to 24th avenues.

By creating a sponsorship program, businesses or individuals pay local artists to paint benches. The benches are repainted every two years. The artists thank the sponsor(s) on the backs of the benches, and they sign the fronts.

This spring several benches will be repainted and – with all the changes in the landscape of Alberta Street – it will be a welcome splash of public art in our shared space in time for summer.

Want to sponsor a local artist and contribute to our Alberta arts legacy? See AlbertaArtWorks.org to find out more.



The bench in front of Just Bob's on Alberta Street at 24th Avenue receives an artistic, colorful renewal by artist Chelsea Rose. Photo by Maquette Reeverts



Michel Reeverts, aka Maquette, holds a master of arts degree in art education, serves Alberta Art Works as director and Alberta Street Gallery as a board member. She is also a practicing artist. Contact her at Maquette@AlbertaArtWorks.org

CNA respects the views and beliefs of all Concordians, and their cultures and faiths. The views expressed by this writer do not necessarily reflect the views of CNA.

Concordians fill final two board positions

At its January meeting, the Concordia Neighborhood Association (CNA) Board of Directors voted to appoint Matt Boyd to the Southwest 2 position. No one had been nominated to fill that seat during the November annual meeting election. Matt served a two-year term previously in an at-large position.

Also at the January meeting, Joseph Fraley was elected by CNA membership to the East 2 position. His term is two years.

Contact information for all board members – and a map of the neighborhood districts they represent – are on the facing page.



Matt Boyd



Joseph Fraley



Heart in Hand Preschool

Waldorf in the neighborhood since 2002

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rsvp; heartinhandpreschool.com

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Have you checked out CNA's Facebook page?

Keep informed of CNA activities and your neighbors' comments. Check out the page for:

- CNA Board meeting invites & minutes
- Neighborhood events
- CNews story highlights
- Community discussions



[Facebook.com/groups/ConcordiaPDX/](https://www.facebook.com/groups/ConcordiaPDX/)



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Find flavors of Yucatan just down the road

By Carrie Wenninger
CNA Media Team

Gloomy Portland winter weather got you down? Visiting Loncheria Los Mayas offers a quick trip to the Yucatan, no air

ings are sure to communicate a deep love of food and a sense of place.

“The poc chuc – citrus-marinated, grilled pork – is quite unusual and people love it,” Manuela shared. “Try new things, one at a time, like the panuchos – stuffed

Their intention is to build relationships with the community, and they encourage customers to return to try new dishes, depending on the season, the weather and one’s appetite.

travel or reservations required.

Here in the parking lot in front of Alder Commons at 4212 N.E. Prescott St., you’ll find a charming food cart offering Mexican specialties from the home state of proprietors Manuela Interian and Fredi Castillo.

Although for the moment their warm and sunny smiles are hidden behind COVID-safe masks, their culinary offer-

tortillas – and salbutes – crisp-fried tortillas with toppings. And come back to explore other items when you can.”

Their intention is to build relationships with the community, and they encourage customers to return to try new dishes, depending on the season, the weather and one’s appetite.

Anything can be made vegetarian, and there are vegan options, too. Just inquire.

The couple came to the United States 20 years ago with a dream to build a business for themselves and their family. By working diligently, their objective was realized through sharing the food of their home country.

Other banks denied them loans despite having known them for years. Point West Credit Union stepped in,



Left to right Fredy Castillo and Manuela Interian offer the tastes of the Yucatan at their food cart in Cully. Photo by Garlynn Woodsong

believed their vision was worth investing in and assisted them with the hefty expense of securing their cart and equipment.

To say they are grateful for the opportunity may be an understatement.

Originally opened in 2017 in the Cully neighborhood, Loncheria Los Mayas has been at this new location since July. Matt Faunt and Edy Martinez – of Native American Youth and Family Center and Our 42nd Avenue – assisted in finding the space.

Manuela and Fredi also expressed

their appreciation to community members for their support, and to Karl Keefer and Rachel Munzig at Alder Commons.

The community space provides a storage area and assists with logistics, while all the food – including the hand-made tortillas – is made in-house in the cart’s tiny kitchen.

Dine socially-distanced at outside tables, order to go or inquire about catering at 503.754.3059 or LoncheriaLosMayas@gmail.com. It’s open 11 a.m. to 7 p.m. weekdays.



Carrie Wenninger lives on 29th Avenue in Concordia. She is a freelance writer, a mom, a world traveler and a small business marketing consultant. Contact her at WurdGurl@gmail.com.

Paid for by the office of Dr. Carl Baird DC, MS, CCSP

Shoulder Pain: How To Avoid Dangerous Injections and Expensive Surgery

– By Leading Shoulder Pain Expert, Dr. Carl Baird DC, MS



Portland, OR – Are you, or someone you know, dealing with shoulder pain that makes it hard to do simple, daily activities? Everytime

you try to exercise are you forced to take a few days off because of shoulder pain or soreness? Does your shoulder make it hard to find a comfortable sleeping position leaving you tired and frustrated each morning?

If you answered ‘YES’ to any of these questions I want you to know that you are not alone.

My name is Dr. Carl Baird and every day I work with adults aged 40-70 to find long lasting solutions to shoulder pain that keeps them active, strong, and doing what they love – **even when nothing else has worked.**

I have seen first-hand how limiting it can be to be to live with daily shoulder pain. I’ve seen how shoulder pain can make it difficult to concentrate at work. How it gets in the way of our ability to burn off

steam with our favorite exercise routine. For many, it even makes it hard to get a full night’s rest.

I understand the frustration that comes from investing so much time and energy (and money) on chiropractic, physical therapy, and other treatments – only to have the pain come back days later and not any closer **to feeling confident that you will be able to continue to do the things you love** for years to come.

And lastly, I understand the fear that comes when your doctor tells you that your only options are steroid injections or surgery (while conveniently leaving out the negative, long term side effects that lead to WORSE outcomes for patients).

Shoulder pain doesn’t have to be something that we come to ‘accept’ and there are better solutions than pain pills, injections, or surgery – most of which are free, can be done from home, and are overlooked by most doctors and insurance companies.

In our new SHOULDER PAIN REPORT titled, **“Seven At-Home Exercises to Get Rid of Shoulder**

Pain and Avoid Costly Surgery”

we discuss these options as well as what it takes to go beyond pain relief to building confidence in your shoulder’s ability to handle the activities you love.



And for a limited time, we’re giving away free copies for readers of the Concordia Neighborhood Newsletter

Inside our Free Shoulder Pain Report, you’ll learn:

- The best at-home exercises to ease shoulder pain
- The three most commonly overlooked causes of shoulder pain and how to correct them.

- Things you can be doing to avoid shoulder surgery
- Determine the best next step to keep you active and strong so you can get back to doing what you love.

If your shoulder pain is leaving you feeling stuck and like there’s nothing more you can do, request a free report to get back on the path to an active, healthy, and happy life.

Want Your Own Copy? Here’s What To Do Next.

To have your copy of the FREE SHOULDER PAIN REPORT mailed directly to your door you can do any of the following:

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All the carts in this pod offer vegan cuisine

By Tara Williams
CNA Media Team

A meat-eater, a vegan and an ovo-lacto-pescatarian walk into a food cart pod. Start of a joke?

Not at Shady Pines, 5240 N.E. 42nd Ave., where all dietary lifestyles can enjoy satisfying food choices with a free side of environmental sustainability.

Founded by Lukah Churchill, Christine Neary, and Lindsey and Ashley Butler, the all-vegan pod opened last March.

Currently, three of the six carts are open Thursdays-Sundays. Dirty Lettuce – recently nominated for Food Cart of the Year by Veg Times – was due to reopen Jan. 20.

Lukah, aka “Uncle Squatchy,” looks

“We’re excited about creating a presence of intersectionality and using food to bring people together.”

– Lukah Churchill

forward to relaunching Fatsquatch and its vegan comfort food soon. It’s owned by the Shady Pines founders, and you can track its re-opening plans at FatsquatchPDX.com.

Ramblin’ Rose will be serving up vegan, coconut-milk-based frozen treats upon return from winter renovations Stay tuned at RamblinRose.express.

“All of the carts here are women-, BIPOC- and/or LGBTQ-owned,” Lukah said. “We’re excited about creating a

presence of intersectionality and using food to bring people together.”

Details about the pod are available at @ShadyPinesVeganFoodCourt and Facebook.com/shadypinesveganfoodcourt.

Dirty Lettuce DirtyLettuce.square.site

Dirty Lettuce, started as a family business in Mississippi, focused on burgers and fries.

“I’m a picky eater who doesn’t like vegan food much,” said Alkebulan Moroski. “Then I learned to cook.” He strives to appeal to – and convert – meat-eaters with authentic Cajun and Creole dishes.

“If you can get the look and texture of meat, the mental half of the battle is won,” he reported. Study of environmental science in college convinced him industrial meat is unsustainable.

Why the move from the deep South to the Northwest? Customers and ingredients. “It allowed us to fully veganize the menu,” Moroski said.

Sushi Love SushiLovePDX.com

SushiLove founders Diandra Totten and Ashley Craemer hope vegan sushi – like that served at the women-owned and staffed food cart – can slow the consump-



Alkebulan Moroski’s college studies in environmental science convinced him industrial meat is unsustainable. So he learned to cook vegan. Photo courtesy of Dirty Lettuce



Zoe Lichlyter, Safframen co-owner, helps staff the food cart Thursdays through Sundays at the nearly one-year-old Shady Pines all-vegan food cart pod. Photo by Tara Williams

tion of sea life by providing satisfying alternatives.

“When people eat a spicy tuna roll, it’s not just tuna they are consuming,” Diandra said. “Large fishing nets can destroy habitats and species. While catching fish, they destroy coral reefs and larger mammals as ‘by-kill.’ A dead ocean is a dead Earth. The ocean is vital to keep our planet thriving.”

Safframen Safframen.square.site

Armon Paktel and Zoe Lichlyter started Safframen as a weekly pop-up in 2019. “We took our immigrant parents’ Persian and Japanese backgrounds and fused those cuisines into a bastard hybrid concept that ended up working somehow,” Armon explained.

The small, hyper-focused menu hides a vegan pun at its core. “In Japanese, Tonkotsu is the style of ramen usually made from pork bones. ‘Ton’ means pig, and ‘kon’ means corn. So Konkotsu ramen is corn-kotsu ramen,” he revealed.

Avocadamama Avocadamama.square.site

Avocadamama co-founder Taylor Solomon calls the cart’s menu items the

creamiest, most flavorful mac and cheese you’ll find. She and partner Nathaniel Perales launched as a YouTube channel in 2017, then found themselves wanting to do more than teach people how to cook.

“I wanted to cook for them. Mac and cheese is such a staple,” Taylor said. “We wanted to provide the vegan scene with the best.”



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Let's make 2021 the year of climate action

By Garlynn Woodson
CNA Board Member, SW1
CNA LUTC Chair

We are emerging from not just four lost years, years during which our country made no national commitment to meaningful action in response to the threat posed by climate change. We are also emerging from a lost decade that saw us fail to achieve our emissions reductions goals for 2020 that were set at state, regional and local levels of government.

We must make 2021 the year we begin taking meaningful climate action.

There has been some discussion globally about 2021 being the year for sustainable energy. Indeed, sustainable energy is a policy focus at the state and local levels this year as well.

With passage of Ballot Measure 26-201 in 2018, the Portland Clean Energy Community Benefits Fund (PCEF) will soon begin paying for weatherization, clean energy installation projects, work-

Through PCEF and CEWO, a combination of loans and grants should be available for most residents and businesses to retrofit buildings.

force and contractor development, green infrastructure, and regenerative agriculture. Its focus is on serving historically marginalized community members.

This will allow more neighbors to also begin to focus on sustainable energy at our own homes and businesses, with funding supplied through this program. Those folks who may not have sufficient income or assets to qualify for the Clean Energy Works Oregon (CEWO) program will especially benefit from the new PCEF program.

What does this all mean?

It means that buildings are a big chunk of the problem when it comes to climate emissions. It's not just the petroleum-powered cars most of us drive around. Our homes and business buildings depend on electricity that comes from a grid that still includes a sizable amount of fossil fuel-sourced power. Buildings also may directly burn fossil fuels in the form of natural gas to heat water and our interior air.

The more we insulate our buildings, install double-pane windows and plant trees to shade our buildings during the hottest days of the year, the less energy

it will ultimately take to heat and cool them.

Through PCEF and CEWO, a combination of loans and grants should be available for most residents and businesses to retrofit buildings. We can make buildings more efficient by installing electric room heating/cooling systems, such as heat pumps and mini-split systems. We can retrofit them with hybrid electric water heating systems, and renewable energy generation and storage equipment.

There's at least one promising way to

meet the moment locally when it comes to coordinated community responses to the need to transition our buildings off fossil fuels. That's to form local sustainable energy cooperatives to hire and train local residents to retrofit buildings.

Work would focus on:

- Increasing energy efficiency
- Switching heating, cooling, water heating and lighting systems over to the most efficient options available today
- Installing renewable energy generation and storage equipment
- Installing grey water systems so trees planted in the yard to help cool the building receive water during summer droughts, even during outdoor watering curtailments

If you are or would like to be involved in such efforts, please contact me at LandUse@ConcordiaPDX.org



Garlynn Woodson lives on 29th Avenue, serves on the CNA board and is an avid bicyclist. He also is a dad who is passionate about the city his son will inherit. He is the

planning + development partner with Cascadia Partners LLC, a local urban planning firm. Contact him at LandUse@ConcordiaPDX.org.

News from the NET

Plan for power outages

By Erin E. Cooper
Concordia/Vernon/Woodlawn NET

Power outages due to winter storms in Portland usually only last for a few hours, but the things to do to get by – such as staying with a friend or charging our phone in a coffee shop in a part of town with power – is made much more difficult with the restrictions of COVID-19.

This winter, it's worthwhile to do a little prep to make life easier if the power goes out.

Cell phones have made the first moments of a power outage much simpler, since nowadays most of us have flashlights within reach most of the time. However, the flashlight function can drain the battery – and you won't have the ability to charge up – so save that power for later.

Use your phone just to get oriented and to find the real flashlights – which you've already stored in an easily-accessible place, alongside the extra batteries. Better yet, have a hand crank flashlight on hand. It won't require batteries at all. Portable batteries are useful for phones and other electronics if you keep them charged up.

There are a few differences between a downed power line and a major earth-

quake, which could cause us to lose power for months. Preparing for a shorter outage is a small step in the right direction, since many of the same things will be required for the long term.

Keep your fridge and freezer doors closed as much as possible, and use common sense when it comes to what's safe to eat if the power stays off for more than a few hours.

Stockpile some extra batteries. If you have a portable generator, find out if you have any neighbors who have medical devices that require power. You could save someone's life. But spare a lineman's life – don't hard wire a generator into your circuit breakers.

A little preparation can make a simple power outage or large disaster less dangerous and more comfortable.



Erin E. Cooper is a marine biologist living in Woodlawn. She spends a lot of time thinking about disasters and has been a NET member for many years.

Contact her at OceanListener@gmail.com.

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Sojourn Church is having a winter (rain) coat/jacket & blanket drive in partnership with The Portland Rescue Mission.

Blankets and coats should be in good condition and can be dropped off Sundays between 8-11am at the Oregon Stamp Society building (4828 NE 33rd Ave.) or contact info@sojournpdx.org or 971-317-9892 to arrange porch pick up.



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The Food Truck serves up lunches curbside

By Nancy Varekamp
CNews Editor

Lorenzo Daliana feels like the Pied Piper when people greet his food truck on his drives through northeast and north Portland five days a week.

“The response has been tremendously

“People come out of their homes wearing headsets, PJs and – while it was still warm – were barefoot. Kids too. It’s a family thing. It’s very exciting.”

– Lorenzo Daliana

successful,” he reported about applying traditional ice cream truck strategy to serve lunches. The route varies daily, and customers hail him curbside to order when they hear the music that announces



Nancy Varekamp is semiretired from her career in journalism, public relations and – her favorite work engagement – writing and editing targeted newsletters.

his approach.

Unlike the Good Humor trucks’ “Turkey in the Straw,” The Food Truck plays the tunes of Big Bad Trumpet Player Kormac. Lorenzo chose it for the New-Orleans-like, happy, toe-tapping style.

He’s been part of the Portland food scene for 30-plus years. You may recall his restaurant, Lorenzo’s on north Mississippi Avenue. His resume names restaurants he cooked at previous to his own, like Zefiro and Higgins, and more recently as chef de cuisine at Nike World Headquarters.

In the early days of the pandemic, Lorenzo noticed food carts thriving. “But I didn’t want to be parked in a pod and paying rent. Instead of waiting for someone to come to me, I go to them.”

His maiden voyage was Sept. 21. Customers picked up on The Food Truck concept immediately. They work from home, quarantine with their children and/or don’t want to cook but aren’t inclined leave home to pick up lunch.

“People come out of their homes wearing headsets, PJs and – while it was still warm – were barefoot. Kids too. It’s a family thing. It’s very exciting.

“I’m one of the people who is doing what they’re supposed to do,” Lorenzo pointed out. “Food is one of the most intimate things you offer someone.”

During his childhood, Lorenzo’s parents divided their time between Manhattan and Italy. Others may have taken the opportunity to visit churches, but his focus was on food.

“‘Moving salesmen’ is a cultural thing, from the pretzel and hot dog guys in New York to the guy going down the beach in Italy with warm, just-made sugar doughnuts.”

The Food Truck menus have morphed during the past four months. City ordinance limits his parking time to 10



Lorenzo Daliana was looking for a new challenge in his 30-plus career in the food industry when the pandemic struck. His cooking skills, creativity and a retired postal truck resulted in The Food Truck, which delivers lunches curbside five days a week. Photo courtesy of The Food Truck

minutes, so originally Lorenzo prepared all the food in the morning and wrapped it for sales.

Now a veggie sandwich, pork sandwich and salad continue to comprise the pre-made menu. And as many as four hot items are completed curbside, from chili

dogs to New York strip sandwiches.

To speed the process, all payments are digital. Also high-tech is the availability of routes, menus and a Google Maps app to track the truck at TheFoodTruckPDX.com.

Letters to the editor

To the Editor:

The “Signs of Concordia” news story in the December Concordia News drew my attention. I am not opposed to lawn signs per se. I planted a campaign sign encouraging renewal of the school bonds and another sign in support of Biden/Harris.

On Nov. 4, they came down. I was looking forward to uncluttered front yards again.

Thus, I was dismayed to see so many signs for various causes remaining. I am bothered by our neighborhood becoming a one-voice-soap-box.

I should think an effective desire for a more just society would be better served by sitting inside one’s home and writing a generous check to the ACLU, Southern Poverty Law Center, Urban League or the NAACP. They each employ lawyers and engage volunteers to investigate and defend civil rights issues.

It would be interesting to get feedback from other neighbors on this issue.

– Jane Maynard

To the Editor:

On Jan. 6, we and the world saw white men storm the People’s House in Washington, D.C., with weapons. If these had been BIPOC folk, they would have been killed, maimed or seriously injured on the spot.

It was a blatant display of white supremacy, arrogance and white fear. White people out of control are dangerous because they know there are no actual consequences for them because they are white. Period.

White supremacy must be dismantled and stopped. White supremacy is killing us. It is killing our nation and democracy.

I do not have any tips or clues on how to dismantle white supremacy. Only white people can accomplish this. What I do know is that it takes a change in perception and attitude, plus a healthy dose of commitment that can be modeled to others.

Maybe resisting fear is a starting point.

– Karen Wells

CNA respects the views and beliefs of all Concordians, and their cultures and faiths. The views expressed by these writers do not necessarily reflect the views of CNA. Submit letters (250 words maximum) to CNewsEditor@ConcordiaPDX.org.

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+add chicken or house-made mock chicken 2 +add shrimp 4
- OYAKODON 11** *GF
A savory egg and rice dish served with broth and your choice of chicken or mushrooms
+add both 1
- TAMAGO SANDO 7**
A silky egg salad sandwich with Japanese mayo and thickly sliced shokupan (milk bread)
- NOODLES 9** *v
Stir fried yakisoba noodles with mixed vegetables
+add chicken or house-made mock chicken 2
- RICE BOWL 8** *v & GF
A simple rice bowl with sauteed vegetables and mushrooms in tamari sauce.
+add chicken 2 +add house-made mock chicken (NOT GF) 2 +add egg 1

SMALLS

- SPINACH & WAKAME 3** *v & GF
Traditional seaweed and blanched spinach salad tossed with sesame oil topped with sesame seeds
- CUCUMBER SUMONOMO 3** *v & GF
Thinly sliced cucumbers tossed with vinegar sugar salt and tamari topped with sesame seeds
- MUSUBI 3** *GF
Grilled spam, rice and nori
- CURRY TOAST 5**
Thickly sliced Japanese milk bread (shokupan) with curry sauce
+add egg 1 or +add chicken or housemade mock chicken 2
- ONIGIRI 3** *v & GF
Rice triangle with pickled plum wrapped in nori

Stay tuned! More menu items coming soon!
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